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SOS
810 N. Silver St
Silver City, NM 88061

575-956-6131
575-956-6947

McAllister, Mark

ID: 1000010734998 DOB: 1/25/1976
Group Therapy Note (SOS)

Use Note Creation Time

Clear Time

Set Date/Time

7/11/2023

3:17 PM

Time spent face to face with patient and/or family and coordination of care: 180 min
Session start: 11:00 AM
Session end: 2:00 PM

Session Remarks: This group was facilitated by Candice Owens

Therapy Type:
Dialectical Behavior Therapy (DBT)

Group Type:
Focus Group: Focus groups are assigned specific topics or problem areas to discuss. The ways the group members react to each other is part of the focus of clinical attention. The focus of today's group was the concept of social skills. The purpose was to familiarize the group members with certain techniques and skills needed to establish and maintain healthy relationships. Group members were encouraged to share life experiences that illustrated the use of those skills.

In todays session we are focusing on communication skills. As a social experiment we went bowling as a group. Each client was encouraged to communicate with other clients and other members of the community. The clients stayed engaged and participated the whole activity.

Present Today:
Present at today's session were the following:
Ten members of the group were present today.

Group Leader Interventions:
Kept Group Focused

Plan:
Continue group.
Encourage increased attendance.
Encourage increased participation.

The intention of the group is to teach life skills and reduce symptoms of anxiety and depression.

Individual Remarks:

Appearance and Behavior:
In today's session Mark appeared friendly, minimally communicative, and relaxed

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